Dear Parents, Carers and Friends of Saint Mary’s

This Sunday there will be a commissioning Mass for all teachers in our Catholic schools. The commissioning will take place as part of the normal 10:00am Mass at St Mary’s Catholic Church on Sunday morning. It is a wonderful opportunity to acknowledge the special and privileged role played by Catholic school teachers and staff and also by those who teach Religious Instruction in state schools. All those who take on these roles are called to witness to the Gospel message daily, not only through the lessons taught in classrooms, but also through the power of how they live their own lives and how they relate to others. Those who work in Catholic education are called not only to impart knowledge and skills, but also to accompany our young people in their search for meaning in life, to guide them as they discover their talents and to help them discern how they can use those talents to make the world a better place. This is quite a challenge and we can only do this authentically as a Catholic community if we are constantly inspired and guided by the Gospel and keep the person and life of Jesus as our central touchstone. It is in celebrating Eucharist together on Sunday that we can derive the energy and sense of community required to live out this challenge every day. I hope that many of you will come along and be part of this celebration on Sunday morning as a sign of the importance we place on the role played by all those who work in Catholic education.

Term 1 classes have started well and the students are settling back in very nicely. There are a lot of important school activities coming up in the next couple of weeks which parents would be very welcome to be part of. In particular, you are encouraged to come along to:

- Ash Wednesday liturgies on Wednesday, 10th February
- Year 9 laptop induction night at 7:00pm on Wednesday, 10th February
- Year 7-12 Swimming Carnival on Thursday, 11th February
- Opening School Mass on Tuesday, 16th February

Finally, I would like to offer my thanks and congratulations to the College P&F for the very successful organisation of the Family Fun Day last weekend. The rain held off just long enough for us to get through all the wonderful games and activities that were planned. It was an excellent morning and a wonderful chance for new families to get to know a few people and to be welcomed into the Saint Mary’s community.

God Bless

Mrs Angela Myles
Principal
Head of Primary News

The senior swimming carnival is on next Thursday. There is a letter going home from Miss Ellen Inwood the HPE teacher P-6, to parents of children who are 10 years or older in P-6. If your child can confidently swim 50 metres in any of the four strokes then they are eligible to attend the senior swimming carnival. The letter seeks permission from the parents and also confirms their child’s ability to confidently swim 50 metres in one or more of the strokes – freestyle, breaststroke, butterfly and backstroke. When the permission slip is returned the child can then attend.

The students in P-6 have swimming lessons in Term 4 followed by a P-6 Celebration of Swimming morning at the pool, where the students can demonstrate to family and friends their newly acquired swimming or water safety knowledge or demonstrate their developing and honed swimming skills.

Please encourage your child to report any issues of bullying that occur at school. The first port of call is the Playground Duty teacher if the incident happens in the playground and also their class teacher. Children are encouraged to ‘report an incident’ rather than seeing it as ‘dobbing’. It is better to nip things in the bud and restore the relationship. It also helps both parties to build resilience and understanding. The consequences reflect that behavior e.g. written apology, mediation sessions, off the playground, Responsible Thinking Sheet that goes home etc. If the behavior is more serious then there are more serious consequences.

The National Day of Action against Bullying and Violence is March 18. Saint Mary’s has registered and P-6 (the whole school actually) are planning specific activities for that day to again spotlight bullying and its effects and more importantly how to work as a team to keep changing behavior. It is a way for students, schools and families to work together nation wide and to ‘take a stand together against violence and bullying’. There will be more about that day as the date approaches.

Thank you and have a great week.
Ms Pam Radcliffe
Head of Primary

Head of Secondary News

Week Two—Honesty

When we think about the honest person, we think of a person who does not lie. Someone who tells the truth at all times. The application of honesty is essential to the healthy relationships we have with others. It is the basis of all contracts. Essential not just in business, but in marriage and family life. Honesty is a value vital to our living in society. Being honest means being a person of honour. Here what we say is consistent with what we do. Such a person speaks and behaves with consistency. To aspire to such honesty is to seek greatness.

When someone steals, lies, cheats, or deceives, then he cuts himself off from others. When you are dealing with such a person, you know you can’t trust them. Their words are empty and shallow—all they care about is themselves. Being honest, sometimes requires great courage—but it is worth the price. You can receive no greater accolade that to be called an honest person.

Uniforms

Ladies are reminded that no piercing of noses is permitted. The only acceptable piercing is in the ear lobe. One earring only per ear please. Clear plastic fill ins are not acceptable. Parents will be contacted if this issue persists.

God bless
Mr Sean Erwin
Head of Secondary

APA News

Laptop Computers Induction Night

All Year 9 students and parents / carers are required to attend the Laptop Induction Night to be held in the Maryknoll Centre on Wednesday, 10th February at 7.00pm.

You are probably aware that all Year 9 students will be required to use the College laptops for the next 4 years of schooling at Saint Mary’s. These computers are an essential part of student learning.

However, there are many issues that need to be understood and agreed upon before students assume possession of these computers.

These issues include: breakages, insurance, ownership, cyber bullying, classroom etiquette, etc.

The College laptop program also carries with it some responsibilities for both students and parents. Below is a summary of realise your dignity
important information about this matter, and it also contains some useful advice for parents who have to manage the students and their laptops at home.

Laptop Computer Essential Information
- It is not the student's laptop. It is the property of the College until the end of Year 12.
- It becomes the student's laptop at the end of Year 12, after the laptop has BCE licensed software removed.
- If a student leaves before Year 12, the laptop is returned to the College.
- Students should not share passwords with friends under any circumstances.
- The College tracks all websites that students visit using the College Internet.
- It is the parent's responsibility to track what sites are visited at home.
- At home, suggest all internet connected devices (phones, laptops, tablets, etc.) are handed over to parents at 9pm each night.
- Laptops should be fully charged at home ready for the next day as school. (There is no guarantee that a student can sit near a power point and chargers get borrowed, broken or stolen.)
- Not to be used at Morning tea and lunch times.
- All damages/faults should be reported to Mr Lesleigher ASAP. If the damage/fault requires action an Incident Report Form will need to be completed.
- All instances of loss, damage or theft are the responsibility of the student. The College will insure the laptops whilst the student is attending Saint Mary's Catholic College. If damage is found to be from neglect the cost of repairs and replacement may be up to $1,000 (payable by the student/parents). If insurance will cover the repairs parents will still be responsible for the $150 insurance excess.
- Social Media use is not acceptable at school.
- Teacher will indicate when laptops are to be used - Do not assume that in every lesson, a computer a will be used.

Regards
Mr John Dalton
APA

CPRE News

Pope Francis has nominated this year, the Year of Mercy. The Pope reminds us that 'mercy is the Lord's most powerful message' and he hopes that we all will find a form of mercy for all.

Yesterday on assembly we spoke of this theme and I will be encouraging teachers to unravel the theme in more detail as the year goes on. At the core of the theme is the reality of our own weakness and imperfections and in turn the social, political, cultural imperfections of this day and age. If we aspire to live in a just and perfect world we must acknowledge the duality of 'give and take'. We will need forgiveness and mercy from others and in turn we must be able to give it.

The mercy we speak of is not just a feeling of sorrow or sympathy, but more an empathy. We need to be able to experience the world through others' senses. We need to be able to put aside our 'ego' and walk in others shoes. When reading on the topic of mercy, I am reminded of a saying I heard; it is hard to hate someone that you truly know.

Lent

Next Wednesday is Ash Wednesday which marks the beginning of Lent. Along with the CARITAS initiatives this year that focus on education for all, I would like Lent to be a time where the College looks at Mercy and uses this period leading up to Easter as a time of healing and forming of right relationships.

All students of the College will be invited to receive the Ashes in a short liturgy of the word as a sign of their belonging to something a lot bigger than self, school or country. As students in a Catholic School they become part of 'The Story', the story of a carpenter's son who highlighted, in His short time on earth, the need for mercy and forgiveness all the while pointing to its source, God the Father.

realise your dignity
Eight ways one can live a merciful life
1. Dare to care
2. Don’t judge
3. Avoid gossip
4. Refuse to retaliate
5. Don’t turn away
6. Cultivate kindness
7. Accept mercy from others
8. Pray for mercy

Kind regards
Mr Martin Perrett
APRE

Office News

2016 College Fees and Levies
Term 1 College Fee Statements will be processed within the next fortnight and emailed out to all families. Statements will be emailed to families who have provided a valid email to the College. If you have not provided an email address, statements will be posted. If you wish to check your details or update your email, please contact the College office. Families are welcome to contact the office to make payment earlier should they wish, however issuing of Term 1 Statements will be delayed until secondary student electives and College bus rolls are finalised.

Families without a direct debit in place and wishing to use this payment method should contact the office immediately to start instalments now. The longer the time frame over which instalments are spread, the smaller the instalment amounts. While the College will accept payments by instalments, we do need to know the amount and timing of these payments and it’s preferred that these instalments be done via Direct Debit or BPay.

Kind regards
Miss Kym Schultz
Business Manager

Uniform Shop News

The Uniform shop is open every Wednesday from 8am to 11am and Thursdays from 1pm to 4pm.

White socks have arrived and are available for purchase during Uniform shop operating hours.

Thanks
Mrs Joanne Bellert
Uniform Shop

Guidance Counsellor News

Study Finds Violent Video Games Provide Quick Stress Relief, But At A Price
Generationnext.com.au

A study authored by two University of Wisconsin-Madison graduate students indicates that while playing video games can improve mood, violent games may increase aggressive outcomes.

For the experiment, half of the subjects were asked to play a frustrating video game called, appropriately, “Maximum Frustration.” The game is designed to be nearly impossible to complete, although the subjects were led to believe they should be able to go through all the levels in 10 minutes. The other subjects skipped the frustrating game and went directly to the next phase of the study.

The frustrated and non-frustrated subjects were then given a PlayStation 3 game—either a nonviolent one titled “LittleBigPlanet 2” or a violent game called “Fist of the North Star: Ken’s Rage.” They played for 18 minutes and then filled out a questionnaire about their emotions and feelings about the game.

The researchers found that frustrated players were motivated to progress farther in the games, which decreased their frustration and boosted feelings of competency. This process of emotional restoration increased players’ enjoyment of both games. However, those
players who highly enjoyed the violent game showed a tendency to perceive the world in a more hostile way than those who played the nonviolent game.

Kind regards
Mr Graham Turnbull
Guidance Counsellor

Library Corner

Library Borrowing

Library borrowing and the Take-home Reader program (Year 1 & 2) will begin next week with an orientation session, including borrowing procedures and responsibilities of borrowers. The Accelerated Reader Program (detailed information will be sent home at the end of next week) will begin in Week 4. Please ensure that your child/children in Prep - Year 6 have library bags for their library lessons.

- Prep A & B, Year 1A & B and Year 2 - Tuesday
- Year 3 - Wednesday
- Year 4, Year 4/5, Year 5 - Monday
- Year 6A & B - Friday

Textbooks and Consumables

Textbooks are being distributed to Year 7-12 classes. Detailed information about the textbook hire scheme was sent out with Year 7-12 students (via their class pigeonhole). Please contact me in the library if your child does not bring one home. Textbooks are very expensive resources which are loaned out to students for the year. It is understood that students use and carry these books frequently, but there is an expectation that they are responsible for these books and maintain them in good condition. Lost/damaged books must be reported to library staff immediately so that they can be repaired where possible or replaced and made available for student use.

Overdue library books from 2015

Please insist that your child return all textbooks that they may still have from last year. Several reminders for outstanding books as well as a final letter was sent out on Monday. Please note that there is a period of one week for these books to be returned or the library contacted. Invoices will be sent out at the end of next week should this not occur. Once invoiced, there can be no refunds even if books are returned.

Kind regards
Mrs Melanie Burr
Teacher Librarian

Curriculum Corner

Assessment Calendars

Year 7-12 assessment calendars will be distributed to students at the end of Week 3.

Kind regards
Mrs Melanie Burr
Year 7 to 10 Teaching and Learning Leader

Year 7 to 12 Sports Coordinator News

Welcome to all new families who have joined our community this year and to all those returning for an exciting 2016 sports program.

We get straight into next week with the College Swimming carnival on 11th February (all day at the Kingaroy Pool) and the South Burnett Summer Secondary Sports Trials on 9th February, at various venues and in a number of sports.

Swimming

Please note it is only for 10yr-19yr Boys and Girls and only ‘A’ Div swimmers are eligible for Age Championships. Nominations will be done this week and an information sheet will go home early next week. Please feel welcome to attend-entry is free.

realise your dignity
**South Burnett Summer Sport Trials**

Please note that students are to make their own way to and from the trials as required. No student will be accepted at trials without a permission slip being sighted by the College. Trials will run from 2-4pm at the venue and some involve a cost which goes to the convenor on the day.

Permission slips will be available all this week and advertised on daily notices, assembly and in the newsletter. It is the students' responsibility to collect sheets from my staffroom and return them to Mrs Rutley by due date. I will forward to convenors.

No late nominations will be accepted and please remember that this is representative level.

Softball - Boys and Girls - nominations only
15yrs Girls Cricket - nominations only
Squash - Open Boys and Girls - Murgon PCYC
Cricket 14yrs Boys - Taabinga State School-$2
Cricket - Open Boys - Kingaroy State School-$2
Tennis - Open Boys and Girls - Kingaroy courts-$5
Volleyball - Boys and Girls 15yrs and Open levels - Kingaroy State High School
Touch - Boys and Girls 15yrs and Open levels - Nanango State High School

Good luck
Mr Allan Medlen
Year 7 to 12 Sports Coordinator

**Music Notes**

**Music Tuition Program Commencing Next Week**

Now that our Music Tutors will have access to the new teaching studios, all students who have enrolled in the Music Tuition Program will be able to attend their lessons next week.

If you have not returned your enrolment form, please ask your son/daughter to collect a Music Information Handbook from Mrs Rutley in the Office. The enrolment form can be found on the last page of this booklet. Please return this form as soon as possible. Lesson invoices will be sent home to families during Week 4 or as soon as enrolments are finalised.

I encourage all families to consider involving their children in the Music Tuition Program, as there are a multitude of benefits for young, developing brains and bodies.

**Junior Primary Choir and Senior Primary Choir**

As mentioned in the previous newsletter, new arrangements have been made for the Primary School choirs this year. All children in Years 2 – 6 will have a portion of their Music class allocated to learning specially selected music that will be performed at the Kingaroy Eisteddfod in May.

So far, the children in the Junior Primary Choir (Years 2 – 3) are learning a pair of songs by Australian composer, Sherelle Eyles, called ‘Koala Baby’ and ‘Gecko’. The Senior Primary Choir (Years 4 – 6) have started work on two songs: ‘This Ol’ Man’ by American composer, Greg Gilpin, and ‘Blue-Green Hills of Earth’ by Kim Oler.

All classes are progressing very well, and I encourage parents and carers to discuss the songs with their children. You never know, you might even get a performance!

**Orchestra Starts Next Week!**

Our fabulous group of advanced woodwind, brass, strings, and percussion students will commence rehearsal again next Monday. Rehearsal is from 3:05pm – 4:15pm. All new players who have reached Book 2 (Essential Elements/Standard of Excellence/All for Strings etc.) are welcome to join.

**Spotlight on Year 9 Music**

The Year 9 Music class has wound back the clock to the Medieval Period, and is discovering some very old types of music notation. They have even composed and sung some Latin melodies, including:

- *Te audire no possum. Musa sapientum fixa est in aure.*
  (I can't hear you. I have a banana in my ear.)
- *Aio, quantitas magna frumentorum est.*
  (Yes, that is a very large amount of corn.)

Yours in Music,
Mrs Jane Iszlaub
Music Coordinator

realise your dignity
Welcome back to the 2016 school year! We hope that everyone had a relaxing holiday break.

**WE WOULD LIKE TO START BY ACKNOWLEDGING THE TRADITIONAL OWNERS OF THIS LAND - THE WAKKA WAKKA PEOPLE**

This year the Indigenous team is made up of 3 team members - Mrs Amanda Erwin (Numeracy & Literacy) Miss (Aunty) Niketa Law (School Officer) & Mrs Karen Bond (Indigenous Support Worker). We are all looking forward to helping all of our 48 children this year.

On Tuesday the Indigenous team along with Uncle Eric & Aunty Shirley spent the day showing our new principal Mrs Angela Myles around Cherbourg. We visited the Ration Shed, Gundoo Day Care Centre, the Emu Farm lookout and spoke to a few of our parents.

The staff at SMCC will be coming out this term for our annual beginning of the year BBQ at the Cherbourg Catholic Church, please keep an eye on the weekly newsletters for more information.

Regards
Mrs Amanda Erwin, Miss Niketa Law & Mrs Karen Bond
Indigenous Department Team

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**Indonesian News**

“Kenalkan” – let me introduce myself. My name is Ms McNamara and I will be teaching Indonesian studies to the Year 4-9 students at our school. The students will attend two 50 minute sessions of LOTE each week where they will be involved in learning the language and the culture of the Indonesian people. They will be involved in hands on activities as well as participating in conversations to develop their Indonesian language skills. They will make use of technology and the wonderful facilities available to enhance and engage their learning experiences.

The LOTE program will provide activities for the students that incorporate all the various modes of Language – Reading, Viewing, Speaking, Listening and Writing. The program also recognises the importance of putting the language into a cultural context.

Regards
Ms Rachel McNamara
Indonesian Teacher

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**Home Economics News**

The Home Economics department is looking for donations of fabric for textiles projects in 2016. If you have any fabric you no longer need (large pieces are preferable), please contact the school or drop it into the office.

Regards
Ms Amy Woodruff
Home Economics Teacher

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**Friday Specials**

Morning Tea and Lunch - Oven Baked Fried Rice $3.50 😊

Morning Tea and Lunch - Meatlovers Pizza Muffins (2) $3.50 😊

Please note: Due to supplier issues some stock will not be available for purchase. We will substitute where necessary. Thank you for your understanding.

***There are NO Pies or Sausage Rolls sold on Fridays.***
Next Wednesday, 10th February is Ash Wednesday, the beginning of Lent where no meat will be served. From the 10th February there will be **no meat sold** at the tuckshop on Friday's until the end of Term. Alternate menu will include fish etc. Menu options will be published each week in the newsletter.

You will note that our menu has been revamped. There have been some items withdrawn and others added in, **also some price rises have occurred**. Please make sure you have the current menu at home on your fridge. If you have misplaced your menu, they are available from the office.

**Donation of Goods**

If you are able to donate any of the following items during the year, it would be greatly appreciated. Below are the main ingredients we use, however, any donations are more than welcome.

- Self Raising Flour
- Desiccated Coconut
- Plain Flour
- Brown Sugar
- Caster Sugar
- Beef Stock Powder
- Small Tinned Pineapple Slices
- Small Tinned Corn

These can be dropped into the Tuckshop on Monday, Wednesday, Friday or to the College Office.

**Ordering and Payment**

For Prep to Year 5 students it is recommended that you use the paper bag system. Your child’s order can be place in the tuckshop baskets in their classroom in the mornings and this is then delivered to the tuckshop. Orders will be filled and returned to the classes at morning tea and lunch. This will ensure that they will have their lunch on time. Please **do not use sticky tape or staples when using paper bags for ordering**. It makes it difficult to get the bags undone without tearing. **Plastic bags are not suitable for ordering**. It is very difficult to place your child’s order inside them. Bags can be purchased from the tuckshop for $.05c each.

The paper bag ordering system is for Prep to Year 5 as well as High School. The high school students place their bag orders at the tuckshop before school.

**Slush Puppies**

Please make sure your child is aware that if they order a slush puppie, they must collect them from the tuckshop. They are not able to be placed into the tuckshop baskets.

Have great week!

Mrs Michelle Davis
Tuckshop Convenor

**Kokoda Challenge News**

**Kokoda Sausage Sizzle**

A sausage sizzle will be held at school at big lunch 12:30-1pm outside the Maryknoll canteen on the following dates:

- Tuesday, 9th February  (Next Tuesday)
- Tuesday, 23rd February

All students will be able to purchase a sausage on bread and 100% fruit juice. Primary and Secondary students will be served in separate lines. The prices are:

- Sausage on bread $2.00
- Fruit juice popper $1.50
Students and Staff continue training for the 20th of March Kokoda challenge in Toowoomba according to the following schedule:

**Kokoda 2016 Training Dates and Events**

The actual event for the Toowoomba Kokoda Challenge (30km walk) is held on **Sunday the 20th March**. We will be staying at St Saviour’s College hall on Saturday 19th from 4pm till 6am on Sunday Morning.

The Kokoda Training days leading up to the event are as follows:

1. **Monday 8th Feb**. Local walk 3pm -5pm Mt Wooroolin (buses provided)
2. **Sunday 14th Feb.** Bunya Mt (13km) 11pm - 3:30pm (buses leave school 9:40am return 4:45pm)
3. **Monday 22nd Feb.** Local walk 3pm -5pm railway walk (bus travel not provided)
4. **Sunday 28th Feb.** Moore to Benarkin (15km) 11:30pm - 3:30pm (buses leave school 9:00am return 5:30pm)
5. **Monday 7th Mar.** Local walk 3pm -5pm near Mt Wooroolin (buses provided)
6. **Monday 14th Mar.** 3pm Meeting at school and cross training
7. **Saturday 19th Mar.** 1:40pm Buses leave from school for St Saviour’s College hall
8. **Sunday 20th Mar.** Kokoda Event: Toowoomba hinterland (map available on line) Starts at 6:30am end around 2:30pm buses arrive back at school 5:30pm.

**EVENT DAY:** Students will be expected to bring their own food and drink during these training walks along with a light backpack.

Parental involvement is encouraged during training and at the actual event.

A full list of event requirements, including sunscreen, hats, walking shoes, backpack etc. will be provided at the next training session.

Should you require more information please do not hesitate to contact us during school hours. Further, you can access event information using the following web link: [http://kokodachallenge.com/toowoomba-kokoda-challenge-event-details](http://kokodachallenge.com/toowoomba-kokoda-challenge-event-details).

I am looking forward to undertaking the Kokoda challenge with this fine group of dedicated students and teachers.

Kind regards

Mr Wayne Dunbrack

Event Coordinator
Saint Mary’s Catholic College
South Burnett
is seeking talented and dedicated staff for the following position to commence asap:

Career and Employment Transitions Coach
P/T (Job ref: 06591_02/16)
Apply via: www.bne.catholic.edu.au
Closes: 4pm Friday, 19th February

Kingaroy Junior Redbacks

“On-line” Registration is NOW OPEN for ALL re-registering and new players.
Go to www.myfootballclub.com.au and follow the prompts…. by registering and paying in full by Saturday 13th February you automatically go in the draw to receive a refund of one Registration.

REDBACKS Sign On & Information Day - Saturday 13th February, 2016

This is a great opportunity to ask any questions and to try on / purchase any gear required at great prices. 9am – 1:30pm, at the Junior Clubhouse located at Oliver-Bond Street (off Youngman Street). Both boys and girls (turning 5 to 16 years) of any playing ability are encouraged to join the REDBACKS club. Every player receives a free training ball when fees are paid in full.

For more information please don’t hesitate to contact our Club Registrar (Denise) : 0456 236 697
Both returning & new players are to “Register On-line” as early as possible so that organising of teams can commence. Please also checkout our Website (google Kingaroy Junior Redbacks) and our Facebook page for more details.
Kingaroy

**Junior Netball Sign On**

Come and join in the fun. Meet new friends and be part of a team. Sign on is on Friday 5th February from 3.30pm – 5.30pm at the Kingaroy Netball Courts.

**Development nights** to build on skills and fitness for new and returning players will be on Friday 12th, 19th and 26th February at the Kingaroy Netball Courts from 4.30pm – 6.00pm.

**Like us on facebook to keep up to date with information about our club and events.**

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**South Burnett Saints AFL Club**

**SIGN ON DAYS**

**SAT 6 & 13 FEB**

10AM - 1PM

Lyle Vidler Oval

ALL AGES

MENS, WOMENS & JUNIORS

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**Blue Light Disco**

12 February 2016

6:00pm to 8:30pm

Kingaroy Town Hall
Glenden Street, Kingaroy

$5 entry

Prep to 14 years
High School ID must be shown

Proudly supported by:
Brain Fitness
For Healthy Bodies

“Spark some changes in your emotional brain”

“Specialists visit the South Burnett”

Professor Selena Bartlett
Neuroscientist

Saturday
20th February 2016
9.30am – 12.30pm

Enterprise Centre
6 Cornish St, Kingaroy

“Work effectively with others and manage emotions.”
Essential skills to meet the challenges of the 21st Century - Organisation for Economic Cooperation and Development Report, 2015

After the main presentation
you can choose:
Weight management and stress reduction

OR
Improving learning outcomes for kids

Do you want to learn how to:

- Improve your memory?
- Reduce stress and worry?
- Sleep better?
- Improve brain and body health?

Interactive Workshop:

Be prepared to be inspired to get started on your lifetime of cognitive fitness, social connection and emotional balance by participating in this interacting and engaging workshop.

Learn how the brain works and about practical tools you can use to change your brain using the latest research in brain imaging and neuroscience.

For more information www.torkit.com.au

9am
Registration / Refreshments

10.45am
Simultaneous Presentations
Your choice of one (1)
  - Professor Selena Bartlett
  - Sheryl Batchelor

11.15am
Main Workshop Presentation

12.15pm
Workshop Final Presentation

12.30pm
Workshop Close

2pm
Selena and Sheryl depart for Brisbane

Cost: $75 per person
Includes morning tea

RSVP: Tina 0417 010 292

Realise your dignity

realise your dignity